



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03199, Babyfood, cereal, with eggs, strained

Report Date: June 24, 2017 23:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 3.9 Fat Factor: 8.8 Protein Factor:4.2 Nitrogen to Protein Conversion Factor:6.03

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Proximates						
Water	g	87.20	4	0.100	24.72	98.54
Energy	kcal	58	--	--	16	66
Energy	kJ	243	--	--	69	275
Protein	g	2.20	--	--	0.62	2.49
Total lipid (fat)	g	1.50	1	--	0.43	1.70
Ash	g	0.60	--	--	0.17	0.68
Carbohydrate, by difference	g	8.00	--	--	2.27	9.04
Minerals						
Calcium, Ca	mg	27	--	--	8	31
Iron, Fe	mg	0.54	--	--	0.15	0.61
Magnesium, Mg	mg	3	--	--	1	3
Phosphorus, P	mg	46	--	--	13	52
Potassium, K	mg	44	--	--	12	50
Sodium, Na	mg	38	--	--	11	43
Zinc, Zn	mg	0.33	--	--	0.09	0.37
Copper, Cu	mg	0.025	--	--	0.007	0.028
Vitamins						
Vitamin C, total ascorbic acid	mg	0.8	--	--	0.2	0.9
Thiamin	mg	0.010	--	--	0.003	0.011
Riboflavin	mg	0.050	--	--	0.014	0.057
Niacin	mg	0.056	--	--	0.016	0.063
Pantothenic acid	mg	1.003	--	--	0.284	1.133

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 113g
Vitamin B-6	mg	0.024	--	--	0.007	0.027
Folate, total	µg	9	3	0.200	3	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	9	3	0.200	3	10
Folate, DFE	µg	9	--	--	3	10
Vitamin B-12	µg	0.08	--	--	0.02	0.09
Vitamin A, IU	IU	161	--	--	46	182
Lipids						
Fatty acids, total saturated	g	0.490	1	--	0.139	0.554
14:0	g	0.010	1	--	0.003	0.011
16:0	g	0.350	1	--	0.099	0.395
18:0	g	0.120	1	--	0.034	0.136
Fatty acids, total monounsaturated	g	0.610	1	--	0.173	0.689
16:1 undifferentiated	g	0.040	1	--	0.011	0.045
18:1 undifferentiated	g	0.570	1	--	0.162	0.644
20:1	g	0.000	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.330	1	--	0.094	0.373
18:2 undifferentiated	g	0.290	1	--	0.082	0.328
18:3 undifferentiated	g	0.020	1	--	0.006	0.023
20:4 undifferentiated	g	0.020	1	--	0.006	0.023
Cholesterol	mg	51	1	--	14	58
Amino Acids						
Other						